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NO JUNIOR INVITATION FOR MOOSEHEAD {page 21}


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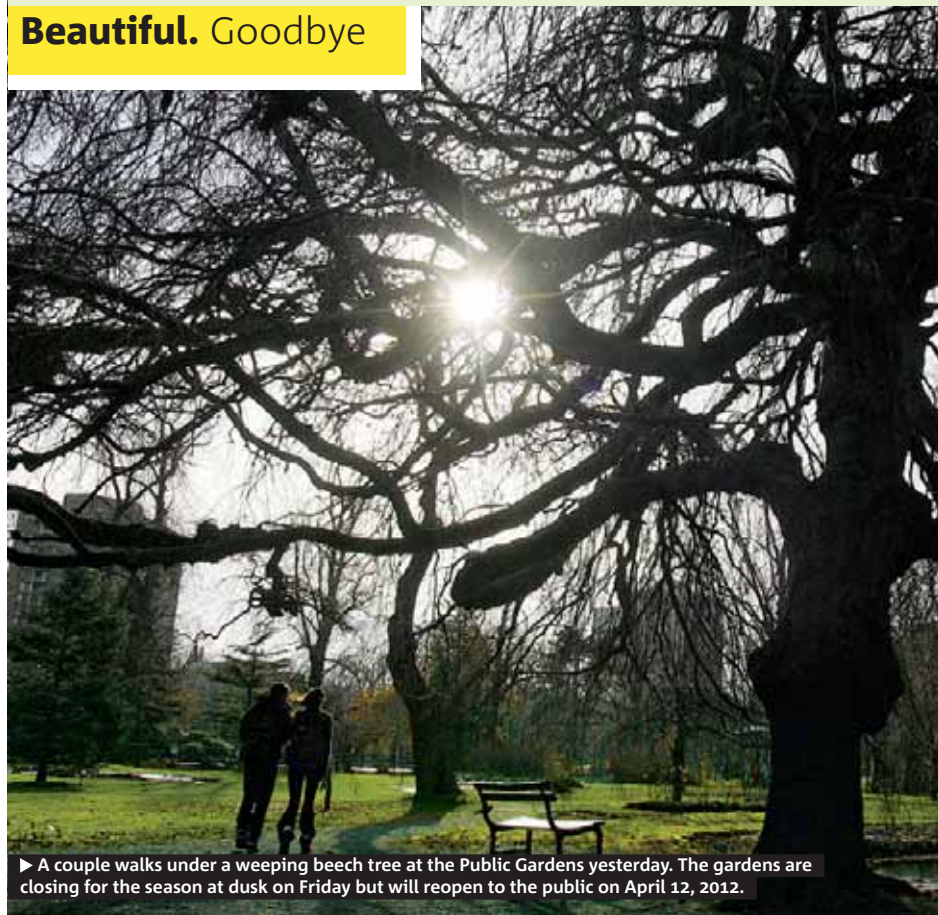
Tuesday, November 29, 2011
www.metronews.ca

News worth sharing.



See Page 3

Beautiful. Goodbye



► A couple walks under a weeping beech tree at the Public Gardens yesterday. The gardens are closing for the season at dusk on Friday but will reopen to the public on April 12, 2012.

RYAN TAPLIN/METRO

Gardens season coming to a close

Recruiting The Boss

- Region trying to woo Bruce Springsteen
- Rocker yet to name world-tour dates



JENNIFER TAPLIN
@METRONEWS.CA

There are some local music fans who think luring the The Boss to Atlantic Canada would be, well, boss.

"Bruce Springsteen is just one of those acts, along with the E Street Band, that can put on a spectacular live show that can attract many people of many age groups," said Cole McLean, founder of Atlantic-CanadaRocks.ca.

He even launched a website — ItsBossTime.ca — to gather fan support and catch the attention of concert promoters, and Springsteen himself, to add Atlantic Canada to his upcoming tour.

"I think most people, including myself, are hoping for the Moncton venue because it's a prime location, you can get to it from many cities throughout the region and the natural amphitheatre makes for a great show," McLean said.

The Halifax Common is too flat,

and Garrison Grounds won't accommodate enough people, he added.

It's unknown if HRM Mayor Peter Kelly can be found Dancing in the Dark, but he did say yesterday he's a fan of Springsteen's music.



► The Boss

In fact, Kelly thinks a Springsteen concert is such a great idea, he plans to bring it up at this morning's World Trade and Convention Centre's board meeting.

Kelly isn't shying away from participating in another massive concert effort even after he was burned earlier this year in a concert spending scandal resulting in a report from HRM's auditor general.

"We're still open for business as long as everybody knows the rules," he said.

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Demolished. Structure



► A woman jogs past a demolished building on South Street in Halifax yesterday. The building, which housed Cafe Chianti and several apartments, was damaged by fire last year and was torn down on the weekend.

RYAN TAPLIN/METRO

Fire-damaged building gets torn down

NDP set deadline for Liberal's trust fund

► Opposition party had already committed to divesting funds last month



ALEX
BOUTILIER
@METRONEWS.CA

The NDP government has told the opposition Liberals they have to get rid of a controversial trust fund by the end of next March.

But the Grits say they've already divested themselves of the more than \$2 million linked to illegal kickbacks in the 1970s.

Justice Minister Ross Landry introduced amendments to the Election Act yesterday that would require any political parties

"It's nothing personal, it's business."

JUSTICE MINISTER ROSS LANDRY

— in this case, one political party — to get rid of any "held assets" by March 31, 2012, or they become property of the Crown.

Landry called the Liberal's trust fund a "stain on the democratic process in Nova Scotia."

"The Liberal party has announced that it intends to create a public policy institute with its trust fund,"

Landry told reporters. "Now, Nova Scotians will know what will happen to (the fund)."

Landry said his constituents raised the issue while he was out door knocking.

He also said "humorous comments" made by media at the house of assembly alerted him to the issue.

Liberal Justice Critic Michel Samson said the money is already outside his party's control, and the legislation is simply an attempt at a political smear.

"This is a problem that's already been dealt with," Samson said.

Samson accused the government of using the trust-fund issue to divert attention from other changes in the Election Act — namely, reversing their decision to turn over voters' ages to political parties.

"As we indicated when they first brought in the act, that violated the privacy provisions, and clearly didn't pass the test, and would probably not pass a charter challenge."

Deep Purple set to visit Halifax

Halifax has been named as one of 17 cities for Deep Purple's cross-Canada tour beginning in February.

The rock pioneers who have sold more than 100 million records worldwide are coming to the Halifax Metro Centre on Sunday, Feb. 5 at 7 p.m.

Tickets are \$72.50 and \$52.50 and go on sale on Saturday at 10 a.m.

Tickets are available through all Ticket Atlantic outlets, online at ticketatlantic.com or by phone at 451-1221.

Moncton is the only other Maritime city getting Deep Purple.

● METRO

Few tickets available for Prince concert

Some tickets do remain for tomorrow's much-anticipated Prince show at the Halifax Metro Centre.

A release from the concert-promoting group Evenko yesterday said a few tickets were still available for the 8 p.m. concert.

Tickets are \$59, \$99 and \$163 and available through Ticket Atlantic or the Halifax Metro Centre box office.

Prince performed in Toronto last Friday, and according to a review in the Toronto Sun, the show was over three hours long and included six encores.

● METRO

1

news


Police blotter: Frosty the Snowman catches an assault beef after an alleged scuffle with police at a Christmas parade in Maryland. Scan code for story.

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with purchase of a reg. fountain drink



Quiznos

Excluding Everyday Value. Coupon must be presented when ordering. One coupon per customer visit. Cannot be combined with any other offer. Taxes extra. Valid at participating stores in Canada. No substitutions or cash value. Exp. Dec 24, 2011. CLU# 8030

Drop our share of funeral tax: Liberals

The Liberals are calling for the province to remove its share of sales tax from the cost of funerals.

Liberal Leader Stephen McNeil said people in the province shouldn't have to face the two certainties in life — death and taxes — at the same time.

"Families dealing with suffering and making sure that they're dealing with the issues of their loved one, and then to find out they're paying the government tax on the fact that their loved one has passed away is simply unacceptable," McNeil said yesterday.

McNeil said the elimination of the provincial portion of the tax would cost the government \$6 million.

The Liberals previously introduced a similar bill under the last Progressive Conservative government, as well as once before under the NDP.

● ALEX BOUTILLIER



► Stephen McNeil

Amendment offers voters more privacy

The province is amending proposed amendments to the Elections Act to limit information on voters' ages for political parties.

Under legislation first introduced in the spring, parties would have access to the date of birth of electors. The legislation raised concerns with privacy advocates.

The amended amendments would break the electorate up into age categories (for instance, 18 to 24), in order to protect voters' privacy.

● METRO



► Brian McKay, owner of Aztek Solar, looks over an evacuated tube collector on the roof of a Spryfield home yesterday.

Solar power

According to an HRM staff report the Solar City project would:

- Create 30-40 new "green-collar" jobs
- Create over 75,000 hours of employment
- Save \$250-\$700 a year for each participating household
- Reduce 2,000 tonnes of emissions a year.
- HRM is one of few municipalities nationwide given the authority to offer this program. Vancouver is looking at a similar program.
- Council directed staff to look into a Solar City project in November 2010 and province adopted enabling legislation a month later.
- Installations are planned to start in May and completed by fall of 2013.

Solar City shines on

- If approved by council, solar panel installations would start in May
- About a dozen solar panel installation companies are expected to bid on city contracts



JENNIFER TAPLIN
@METRONEWS.CA

Halifax isn't known for its sunny weather, but it may soon be known as Canada's first Solar City.

If passed by the environment and sustainability committee on Thursday, and at a later date at Halifax regional council, HRM will put out tenders for the Solar City project.

It's the next, vital step in the pilot project which makes it easier for residents to install solar panels to heat water. Residents pay

in installments through their property taxes and it will eventually pay for itself in reduced heating costs.

Richard MacLellan, with HRM's sustainable environment management office, said figuring out installation costs is essential to completing the business case.

A final, go/no vote based on the business case will be put before council in March.

"Basically, we're expecting prices of \$7,000 to \$9,000 (per house)," he said.

A complete business case will also help nail

"We're a bit of a test so if this is successful, the province would likely be eager at expanding this provincially and likely federal program administrators would be looking at ways to give their municipalities the authority to do the same thing."

RICHARD MACLELLAN, FROM HRM'S SUSTAINABLE ENVIRONMENT MANAGEMENT OFFICE.

down the funding. The province has chipped in \$50,000 to pay for the project's implementation and rebates will be offered through Efficiency Nova Scotia.

And MacLellan said he is confident they'll secure

funding from the Canadian Federation of Municipalities.

Once the tender is issued, it will take about six months to finalize the contracts because of technicalities around liability, MacLellan said.

There's also the future of the program past the first year to consider.

"What we don't want to see is that we need rebates and subsidies long-term," MacLellan said.

Wayne Groszko, with the Ecology Action Centre, said he believes there's enough interest from the public for the long haul and the price of solar will only become more competitive with oil and electricity.

"With so many extra installations done in HRM (it may) lead to a reduction in the price next time around," Groszko said.

Solar panel industry eager for project

The tenders for the Solar City project will be like a mini-shipbuilding contract for the local solar panel installation industry.

"It would be awesome. It's an amazing place to be in the solar business and Halifax is really cutting edge in terms of

launching a project like this," said Brian McKay, owner of Aztek Solar in Halifax.

"It's really a fortunate thing and we're hoping to be a part of it."

Wayne Groszko, renewable energy co-ordinator with the Ecology Action Centre, said 2011

was slow for the solar panel industry in HRM because potential customers are holding off to see what HRM will do.

"It has a negative effect for the current year and some companies had to lay off workers and so on. But it's a significant enough project that when

it does go ahead, the net benefit will exceed the difficulties we had this year," Groszko said.

McKay said even if his company doesn't sign a contract with the HRM, it would still surely bring a lot of subcontracting work.

"We've had industry

committee meetings and we all realized we have to work together on this in order to make this project go forward."

Solar City also raises the profile of solar panels and gives residents "faith in the technology," McKay said.

● JENNIFER TAPLIN

I'VE SAVED YOU MONEY... NOW I'M MAKING YOU MONEY



Lee Romanov, Consumer Advocate
President, Income Activator

Over the last 15 years I created and sold one of the most successful Internet businesses in Canada, saving thousands of people thousands of dollars.

As you know... there are millions of dollars flowing through the Internet every day. I've taken all of my Internet experience and combined it with a website program I created, **IncomeActivator.com**, to allow you to tap into this money flow.

If you've ever wanted to run your own online business, or if you have a website that's not making the kind of money you thought it would... you'll be interested in what I have to say.

I show you:

1. What people are searching for online.
2. The number of online searches being done for any topic or business.
3. Which online searches are the most valuable and how they can make you money.

Then I give you a website and show you how to:

1. Capture these online searches.
2. Convert your visitor traffic into various revenue streams for yourself.

These are the same techniques I used to make millions of dollars online, and this is the website program I use today.

I understand being broke, and how hard it is to make money and keep things together financially. I've been there, done that, and I'm never doing it again. I share with you what I spent years learning, and have combined that into the **Income Activator website program** allowing you to create your own online income regardless of your computer skills or Internet experience.

Income Activator allows you to begin **your own online business**, or will help you grow and ease your frustrations with your **existing online business**.

You will be given techniques to create revenue streams from writing copy to assembling pictures or videos on your website.

When you understand what to do, and have the Income Activator website program

that allows you to do it, only then will you realize the wealth the Internet can bring you.

It will change your life... it changed mine.

My name is Lee Romanov and I launched one of the first Internet businesses in North America that made millions of dollars, even in the 90s.

After recently selling my business to Torstar (one of the largest media companies in Canada and owner of the Toronto Star) I combined all of my Internet experience along with my **immense frustration of technology** and created a website program called **IncomeActivator.com**.

You may know me as a Consumer Advocate helping people save thousands of dollars off their car insurance rates through the company I created, **InsuranceHotline.com**. It's a rate comparison website providing the lowest quote to drivers from over 30 insurance companies. You may also know me from my Talk TV show on CP24, or from my columns in either the Toronto Star or Globe and Mail.

Income Activator allows anyone, at any level, to own and operate a successful online business exactly like the pros. You can activate multiple revenue streams with the click of a mouse while having complete control over your website. You can put up your own pages, pictures, videos, links, create questionnaires and collect data even if you're a one finger typist; and not at all computer savvy.

You can tap into the millions of dollars flowing through the Internet every day.

If you don't have a product or service to sell, you can simply provide information on a topic you are interested in. **IncomeActivator.com** gives you the 'know how' and website to put this it into action.

You can put up ads that pay you when a visitor clicks on them, sell products or books, or get paid from lead generation, all with the click of a mouse. **Income Activator** works for any business imaginable.

A few weeks back **IncomeActivator.com** helped Pat Foran of CTV with the launch of his website and new book **The Smart Savvy Young Consumer**. Pat would not describe himself as an Internet or computer guy. He's a broadcaster, consumer advocate, and author, who has complete control over his website (www.PatForan.com) and Internet business where you can go right now and buy his books.

I lived through the frustration of trying to get clear answers to Internet questions.

I spent tens of thousands of dollars looking to experts for answers... like how to get search engines to display your website at the top of the search pages. What I found was that each internet expert had only one piece of the puzzle, and none of their solutions came with the technology to put this into action.

I learned... if it's **Not Actionable**... it's **Not Useful**.

I know from experience that an online business can be **Extremely Profitable** and can truly get people out of their financial struggles and allow them to do the things they're interested in and meaningful to their lives.

I am sick and tired of seeing these 'Get Rich Quick' schemes that take people's money and **Do Not Work**.

My heart goes out to business owners who spend good money only to have their websites out of date the day after it goes online. If you can't use your website as a marketing tool every day, it'll never be much more than an expensive brochure. You need to be able to go in and tweak your website regularly to capture new online search traffic, and expand your revenue streams.

If you're running Google AdSense on your website, **Income Activator** has it's own Pay Per Click program where you can keep 100% of the click revenue. It also has a built in Referral Program that tracks and bills for lead generation. You can also send out messages to your email lists, or create an online store that tracks and bills for you. It also has a secured Member's section you can activate.

Income Activator is designed to make you successful, not dependant, like other programs out there.

If you have a website you can easily transfer over your content to begin activating multiple revenue streams I've made it **embarrassingly simple**.

I also learned never take advice from someone that's never made money online.

When creating **Income Activator** I included both my marketing strategies and revenue streams.

Income Activator provides a real opportunity for wealth. It's not a get rich quick scheme.

If what I'm saying is of interest, you need to be proactive as I'm limiting the sale of the **Income Activator** website program to the first 2,100 people at an introductory price. You will then become part of a select group of people sharing their knowledge while growing their online business.

Owning your own online business is fun and exciting... it can make you rich when you know what to do and have the technology to do it. I am making myself available for the next 3 weeks to answer any questions related to online marketing or **Income Activator** specifically. I invite you visit www.IncomeActivator.com now. I am also giving away one **Income Activator** website for Free... all you need to do is tell me your best online marketing story.

What I know now is that.....if it's **Actionable.....it's Valuable!**

www.incomeactivator.com

► A soldier walks past a Chinook helicopter at 12 Wing Shearwater.



RYAN TAPLIN/METRO

Cyclone copter delayed again

► Sikorsky spokesman says the choppers are viable and the company is working with the military to deliver them as quickly as possible

The Canadian military has not received its first fully operational Cyclone maritime helicopter for training purposes, months after it was slated to arrive.

In May, Defence Minister Peter MacKay announced that Canadian Forces air crew would have their first interim CH-148 Cyclone for training purposes by the

end of the summer. MacKay was unavailable for comment yesterday.

In response to a request for comment, a defence-department spokesperson said in an email that the military hasn't accepted delivery of the helicopter from manufacturer Sikorsky because work on the chopper is incomplete.

Spokesperson Tracy Poirier did not elaborate on what work still needs to be done, but said the federal government will accept the helicopter only when it is certified airworthy.

She said the helicopter that Sikorsky pilots flew to the 12 Wing Shearwater air base in Halifax this year is still being used to train ground crew. She did not respond specifically to a question about when the military could expect for-



► Peter MacKay

mal delivery of the helicopter.

A spokesman for the federal Department of Public Works said in an email that Ottawa has assessed \$8 million in penalties against Sikorsky for delays with the Cyclone procurement program — the maximum that can be applied. But Sebastien Bois would not say whether the fines have been paid.

THE CANADIAN PRESS

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the Bay

Hydro project open for N.S. bids: Premier

The governments of Nova Scotia and Newfoundland and Labrador have finalized a memorandum of understanding that helps outline how contracts will be awarded for the proposed Muskrat Falls hydro-electric project.

The deal announced yesterday gives preference for Newfoundland and Labrador businesses on contracts for the Muskrat Falls generating facility and the transmission link between Labrador and Newfoundland. It also gives businesses in Nova Scotia equal opportunity to bid for contracts for construction of the Maritime link.

"This means that along with Newfoundland and Labrador, Nova Scotia companies will receive full and fair access to participate on a competitive basis for opportunities associated with the Lower Churchill project," Premier Darrell Dexter told a news conference at Cape Breton University in Sydney.

The 180-kilometre sub-sea link would help transmit power from Cape Ray,



► Darrell Dexter

N.L., to Langan, N.S. It would be funded by Nova Scotia private utility Emera, which estimates it will cost \$1.2 billion.

Under the agreement, Nova Scotia would get 170 megawatts of energy a year — about 10 per cent of the province's total energy needs — for 35 years.

Work on the link begins in 2014 and power should start flowing to the province in 2017, Dexter said.

Emera president Rick Janega said information sessions for contractors and suppliers will begin early next year.

Muskrat Falls will be capable of producing 824 megawatts of electricity.

THE CANADIAN PRESS

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Sobeys opposes new labour law

► Arbitration would change way we do business, VP says

One of Nova Scotia's largest private sector employers is asking the government to abandon its plans to bring first contract arbitration to the province.

David Fearon, the vice-president of human resources at Sobeys, told the province's law amendments committee last night the new labour law would add another barrier to investing in Nova Scotia.

"This legislative amendment is totally unnecessary and will do serious damage to Nova Scotia's reputation as an excellent place to work, and, indeed, carry on business," said Fearon.

"We believe that Bill 102 will add a further challenge to doing business in Nova Scotia."

DAVID FEARON, VP, SOBEYS

"Nova Scotia does not need Bill 102."

First contract arbitration allows for a newly-certified union or the employer of a newly-certified union to seek a third-party arbitrator to decide the terms of a first contract — in the event of a breakdown in negotiations.

"I, for one, am not aware of any business that wants

to turn its economic future over to an outside third party to decide how it will operate," Fearon told the committee. "Sobeys is not comfortable doing business in that type of environment."

Fearon said there are already provisions within the Labour Act that can deal with employers bargaining in bad faith, and said the system works.

Premier Darrell Dexter has repeatedly downplayed concerns over the legislation, noting 80 per cent of Canada is already covered by similar legislation.

● ALEX BOUTILIER

Fishing. Season



► Fishing boats remain at berth in Eastern Passage, N.S. yesterday. The lucrative lobster fishing season in southwestern Nova Scotia has been delayed by one day due to high winds.

ANDREW VAUGHAN/THE CANADIAN PRESS

Winds blow in lobsters' favour

Did you see it?

- Meanwhile, RCMP say they are looking to speak with anyone who witnessed the crash or came upon the scene shortly afterward, in particular a woman who spoke with the accused.
- Police describe the woman as middle-aged with shoulder-length blond hair.
- They say it's unknown if she is from the area or was travelling through Antigonish County.

Crash accused in court

A man facing charges after a highway crash that killed two boys made his first court appearance in the case yesterday.

William Fogarty of Antigonish faces two counts of dangerous operation of a motor vehicle causing death.

The matter was adjourned until tomorrow afternoon for a bail hearing and the 30-year-old accused will remain in

custody until then.

The charges stem from a two-car collision on Highway 4 at Tracadie last Thursday.

The driver of the other car, 16-year-old Kory Mattie of Havre Boucher, died at the scene.

The passenger in Mattie's car, 17-year-old Nicholas (Nico) Landry of Tracadie, died later in hospital.

THE CANADIAN PRESS

LGBTQ COMMUNITY

Name change rules too invasive, advocate says

Advocates for Nova Scotia's lesbian, gay, bisexual, transgender, and queer (LGBTQ) community say new requirements around legal name changes unduly criminalize the

transgender community.

Proposed legislation from the NDP would require criminal record checks, including fingerprinting, for anyone who wants to change their name. The legislation is intended to ensure people with a criminal record cannot evade authorities by changing their name.

"I think it's important to ask here what sacrifices are we expecting from people who are changing

their names for legitimate reasons," said Kevin Kindred, with the Nova Scotia Rainbow Action Project.

Advocates speaking at the province's law amendments committee last night worried the increased fees and delays — on top of the infringement of privacy — will create more barriers for transgender individuals who wish to lawfully change their name.

● ALEX BOUTILIER



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Canada to pull out of Kyoto?

Canada heads into climate talks in South Africa this week, refusing to publicly show its hand on whether it's in or out of the only global treaty on limiting greenhouse gas emissions.

Environment Minister Peter Kent says his goal for the meetings in Durban is to come out with a new deal that gets all major emitters involved in cutting

greenhouse gas emissions, be they developed or developing economies.

But Kent refused to either confirm or deny reports that Canada in fact plans to walk away for the Kyoto accord altogether.

"This is not the time to make an announcement," he told a news conference yesterday.

THE CANADIAN PRESS



► Greenpeace activists brought their message to Parliament Hill using hundreds of LED lights.

EYE IN THE SKY PHOTOGRAPHY/GREENPEACE

Egypt heads to the polls for first free election in decades

► Parliament that emerges from vote may have little relevance if military sharply limits its power

They waited in long lines for hours to vote, despite a new wave of unrest, fears about a sharply divided society and uncertainty over the nation's future.

For the millions of Egyptians who cast ballots yesterday, the first parliamentary elections since they ousted Hosni Mubarak were a turning point in history — if for no other reason than they were finally getting a chance to be heard after decades of rigged voting.

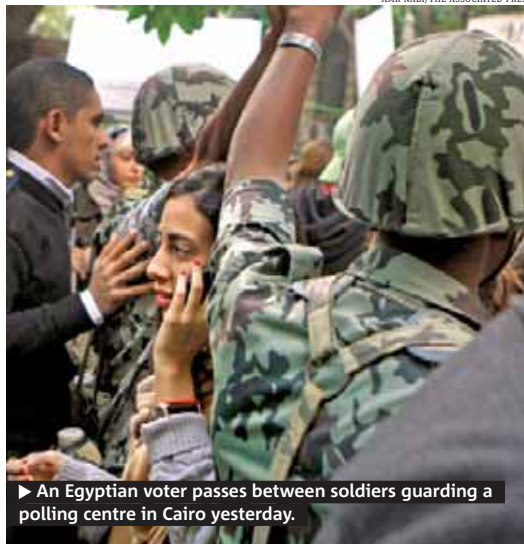
The outcome will indicate whether one of America's most important Middle East allies will remain secular or move down a more Islamic path, as have other countries swept up in the Arab Spring.

"If you have waited for 30 years, can't you wait now for another hour?"

AN ARMY OFFICER, YELLING AT HUNDREDS OF RESTLESS WOMEN AT A POLLING CENTRE IN CAIRO

"I have hope this time," said Amal Fathy, a 50-year-old government employee who wears the Islamic veil, as she patiently waited to vote. "I may not live long enough to see change, but my grandchildren will."

Since the uprising that forced out Mubarak nearly 10 months ago, Egyptians had looked forward to this day as a celebration of freedom after years of stifling dictatorship. Instead, there has been deep disappointment with the military



► An Egyptian voter passes between soldiers guarding a polling centre in Cairo yesterday.

AMR NABI/THE ASSOCIATED PRESS

rulers who replaced the old regime and a new wave of protests and clashes that began 10 days before the vote.

If there was little jubilation, there was hope — and even defiance — with

many determined to either push the military from power or vote against the Muslim Brotherhood and other Islamist groups who are expected to dominate the balloting.

THE ASSOCIATED PRESS

News in pictures

PHOTOS
1. JEROME DELAY/THE ASSOCIATED PRESS
2. TIMM SCHAMBERGER/THE ASSOCIATED PRESS
3. ALTAF QADRI/THE ASSOCIATED PRESS
4. THOMAS LOHNES/THE ASSOCIATED PRESS



1 Supporters of opposition candidate Etienne Tshisekedi show allegedly fraudulent ballots in Kinshasa, Democratic Republic of Congo.

2 The incest trial of Adolf B., 69, began yesterday in Nuremberg, Germany.

3 A Thai woman wades through floodwaters on the outskirts of Bangkok yesterday.

4 Protesters brave cold yesterday as they camp outside the interim storage facility in Gorleben, Germany, trying to stop the transport of nuclear waste.

THE ASSOCIATED PRESS

My holiday wish?
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News in brief

Security staff should be monitored for racism: Report

National security agencies should collect race-based and other statistics about their operations in order to track whether they discriminate on the basis of characteristics like race, disability, religious or ethnic origin, says the Canadian Human Rights Commission.

A special report to parliament by the federal commission calls for mandatory transparency and accountability from the dozen or so agencies that do the bulk of national-security work. At a minimum, it says, the RCMP and CSIS should be compelled to do so. **TORSTAR NEWS SERVICE**

Swastikas and 'KKK' painted on vehicles

Someone is spray-painting offensive and racist slurs all over vehicles in southwestern Ontario's Elgin County.

Provincial police say bright yellow spray paint was used to mark three vehicles this weekend. In one instance, a vehicle was marked with yellow swastikas and the letters "KKK." **THE CANADIAN PRESS**

Plant-eating dinosaur existed

A 66-million-year-old partial skeleton discovered in Saskatchewan has been confirmed as a new species of plant-eating dinosaur. The new species has been named *Thescelosaurus* after Saskatchewan's Assiniboia district, where it was found.

THE CANADIAN PRESS

Colonial racism on display

► Exhibit's curator and former soccer player has suffered racist insults himself, on and off the field

REMY DE LA MAUVINIÈRE/THE ASSOCIATED PRESS



► Former French international soccer player Lilian Thuram answers a reporter on the eve of the opening of a new exhibition at the Quai Branly museum in Paris yesterday.

It's a queasy experience, viewing chained tribal dancers do a white man's bidding, or African women stripped and photographed to feed European curiosity.

Until just a few generations ago, this is how most white people learned about those with skin of a different shade. A new Paris exhibit examines how for centuries, colonizers plucked villagers from Africa, the Americas or the South Pacific and put them on display half a world away. The demeaning tradition shaped racist attitudes that linger today.

Curator Lilian Thuram, a former soccer star and now an anti-racism advocate, hopes the exhibit at the Quai Branly Museum in Paris makes people

question deep-held beliefs about the "other."

"You have to have the courage to say that each of us has prejudices, and these prejudices have a history," he said.

It's a delicate undertaking for a museum: exhibiting offensive images without glorifying them, urging visitors to look closer and be repulsed.

THE ASSOCIATED PRESS

Offensive images

- Many of the subjects of this colonial cruelty remain nameless, and forgotten to history. "Zulu Mealtime," one photo reads. "Bushmen." "Indian Chief." "Negro Head."
- An old film reel shows a Frenchman barking commands at two dark-skinned dancers in headdresses so cumbersome, their faces are barely visible.
- But some have been identified, including the great-grandparents of Thuram's 1998 World cup teammate Christian Karembeu, shipped to Paris from the French Pacific territory of New Caledonia and exhibited as "cannibals."
- Just when you think the exhibit is all about the past, a familiar venue jumps out: New York's Coney Island features in an old "freak show" poster.

NDP can hold its ground: Chisholm

ANDREW VAUGHAN/THE CANADIAN PRESS

NDP leadership hopeful Robert Chisholm believes he's uniquely placed to ensure New Democrats don't squander their unprecedented breakthrough in last May's federal election.

As a former leader of the NDP in Nova Scotia, he's the only one of nine federal leadership candidates who has direct experience riding the electoral roller coaster.

It wasn't an entirely smooth ride, but he says he's learned some valuable lessons from that experience which could help the federal party navigate its way from official Opposition to government.

"My experience in Nova Scotia, I know that these kinds of breakthroughs are really exciting, but you've got to pay attention because it can be as fleeting as it comes fast," Chisholm told *The Canadian Press* in a wide-ranging interview.

"There's a lot of stuff you have to do in order to keep yourself grounded, in order to keep people focused and moving in the right direction. And I feel like I've been there. I have that experience."

Under Chisholm's leader-



► Chisholm

ship, the Nova Scotia NDP vaulted from two to a record 19 seats in 1998, actually tied with the Liberals who formed a minority government propped up by the third-place Progressive Conservatives.

Chisholm acknowledged that the NDP "largely was identified as Jack Layton's party," so it was inevitable the party would suffer from his sudden loss. But he advised New Democrats to "take a deep breath, relax," and remember they've got plenty of time before the next election to recoup lost ground.

THE CANADIAN PRESS

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Teen refuses to 'tweetract'

► Since insulting Kansas governor on Twitter, Emma Sullivan gets to about 3,000 followers, up from 65

A U.S. teenager who wrote a disparaging tweet about Kansas Gov. Sam Brownback said yesterday she is rejecting her high school principal's demand for a written apology.

Emma Sullivan, 18, said she isn't sorry and doesn't think such a letter would be sincere.

The Shawnee Mission East senior was taking part in a Youth in Government program last week when she sent out a tweet from the back of a crowd of students listening to Brownback's greeting. From her cellphone she thumbed: "Just made mean comments at gov.

"I would do it again."

EMMA SULLIVAN

brownback and told him he sucked, in person #heblowsalot."

She actually made no such comment and said she was "just joking with friends." But Brownback's office, which monitors social media for postings containing the governor's name, saw Sullivan's post and contacted the Youth in Government program. Sullivan received a scolding at school and was ordered to send Brownback an apology letter.

THE CANADIAN PRESS

Occupy. L.A.



► Occupy Los Angeles supporters cheer after the LAPD reopened streets and left the camp in front of Los Angeles City Hall yesterday.

BRET HARTMAN/THE ASSOCIATED PRESS

Protesters defy eviction

Los Angeles Mayor Antonio Villaraigosa had stated last week that the protestors' campsite would be dismantled beginning at midnight yesterday.

No charges in hockey hazing

Neepawa RCMP say no charges will be laid after a rural Manitoba hockey team was accused of assaulting players during a hazing incident.

A wave of parental and media outrage was unleashed in late September after a 15-year-old boy and his parents went public about the incident, in which they claimed the teen had been forced to parade around the locker room with a water bottle carrier tied to his scrotum.

Manitoba league

- The hazing scandal saw assistant coach Brad Biggers resign from the team after four players said he was present when it happened.
- The Manitoba Junior Hockey League also suspended 16 players as well as the head coach.

They also claimed seven teens in total were subjected to the treatment.

● ELISHA DACEY IN WINNIPEG

Fraudster targeting seniors

Police in Winnipeg are on the hunt for a man posing as a maintenance worker in senior citizens' apart-

ment complexes.

Police said the man has targeted several complexes, where he poses as a family member to get inside. Once he gains access, he goes to various suites pretending to be a security guard or maintenance worker.

● ELISHA DACEY IN WINNIPEG



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Canada's economy still at risk: OECD

- Harsher fate for countries if Europe's mess spreads
- Domestic confidence down, export sector limited

Europe's debt problems and the global slowdown have weakened Canada's economy and pose even graver risks going forward, warns the Organization for Economic Co-operation and Development.

The OECD said yesterday that Canada is currently going through a rough patch of weak growth because of the deteriorating external environment.

The OECD expects Canada's economy to muddle through and post a soft 1.9 per cent advance next year, followed by a stronger 2.5 per cent expansion in 2013, but all bets are off if the European debt crisis spreads beyond the continent.

"Prospects only improve

if decisive action is taken quickly," said chief economist Pier Carlo Padoa-Schioppa.

While most of the risks stem from Europe, Canada is not totally blameless, the OECD says, citing "high levels of household indebtedness (that) are eroding consumer confidence."

The International Monetary Fund and the Economist magazine have flagged record levels of household indebtedness as risks to the Canadian economy. Household debt is at about 150 per cent of disposable income, an all-time high.

Still, Canada's economic expansion over the next two years will vie with the U.S. for tops in the G7 — which also includes euro-

Market moment

TSX


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(11,640.21)

Dollar


+ 1.29¢
(96.58¢ US)

Oil


+ 1.44¢ US
(\$98.21 US)

Natural gas

\$3.364
(- 17.8¢)

Gold

\$1,710.80
(+ \$25.10)

zone members Italy, France and Germany.

THE CANADIAN PRESS

Smarter. Car



► Toyota Motor Corp. unveiled futuristic concept car Fun-Vii yesterday at the upcoming Tokyo auto show, which opens to the public this weekend.

KOJI SASAHARA/THE ASSOCIATED PRESS

Tweet at the touch of a car door

Resembling a giant smartphone, the car works like a personal computer and allows drivers to connect with others with a tap of a touch-panel door.

12 days of expenses

The price of partridges, pear trees and turtle doves has spiked, pushing the cost of every item mentioned in the carol, The Twelve Days of Christmas, above \$100,000 for the first time.

The 364 items repeated across the verses would

cost \$101,119, an increase of 4.4 per cent over last year, according to the annual Christmas Price Index compiled by PNC Wealth Management. The broader government Consumer Price Index increased by 3.9 per cent over the same period.

Those with the money to spend would end up with 12 drummers drumming, 22 pipers piping, 30

lords-a-leaping, 36 ladies dancing, 40 maids-a-milking, 42 swans-a-swimming, 42 geese-a-laying, 40 gold rings, 36 calling birds, 30 French hens, 22 turtle doves, and 12 partridges in pear trees (excluding bird maintenance). Buying just one set of each verse in the song will cost \$24,263 this year — a moderate 3.5 per cent rise. THE ASSOCIATED PRESS

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do building, I left my highrise rental for something entirely different.

I found a newly finished basement apartment in a beautiful Victorian house on a wide leafy street a mere 15-minute walk away from my old address. And even though my postal code remains the same, my new place feels a world away from the glass and concrete wasteland I once called home.

Back on street-level (well, I guess technically I'm below it) there is a whole world I had forgotten about, a diverse neighbourhood where people manicure their lawns and next door's cat prowls by your window.

Subterranean living has its deficits for sure — natural sunlight is at a minimum and cellphone reception is spotty at best. Taking out the garbage has become a real chore

rather than something I could send down a magical "someone else's problem" chute.

And, yes, the view leaves a lot to be desired (the view is dirt; it's a basement, remember). But you know what? The lookout on the 21st floor had its problems too. It was unnerving how easy it was to peer into the private goings on of the residents in the adjacent condo development. After a while it started feeling a little bit too much like Rear Window for my liking.

I never anticipated that a basement would feel less claustrophobic than a brand new apartment, and, yet, your rental dollars go a lot further when you invest them underground. Despite the low ceilings, the space feels vast in comparison to my 500-square-foot cube.

I'm no longer tripping over my furniture and I can actually have more than two guests over for dinner; I just can't invite anyone over six-foot-six.

I'm sure the novelty will wear off eventually, but for now living in a brick-and-mortar-home again is oh so charming. I'm comforted by the ambient noise of the furnace and footsteps overhead. Rather than suffocating on recirculated condo air, I wake up in the morning to a refreshing chill of a real house.

Downtown space is at a premium and building upwards is the obvious solution for overcrowded cities. But while vertical living is an unavoidable reality, I'm not sure that people are meant to live 20-something floors up in the air. There's just something much more human about being back down to earth.

Read more of Jessica Napier's columns at metronews.ca/shesays



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and take the quick poll

Did you win your Grey Cup bet?

67%

YES! I KNEW
THE LIONS
WOULD
COME
THROUGH



33%

NO. THE
BOMBERS LET
ME DOWN

Local tweets



► @Andrew_SV_Matth: #Halifax there are two people

carrying a body down Spring Garden its not a real one of course

► @SherryCalder: Apparently #Prince played for over 3 hours at his recent concert in TO. Can't wait for him to rock Halifax!

► @camieLbell: Halifax why must you insist on coating your streets and sidewalks with so much salt #mypoortoots #therewasonlysnow-foraday

► @Pat_jennex: People watching with dad in the

halifax shopping center... I love making fun of ppl with him, proud to be his son sometimes

► @tidbits_of_tara: I think Halifax has some of the prettiest houses I've ever seen.

► @twiggets: Hurray! #halifax skipped over winter and went straight to spring! So warm out, crazy!

► @ChrisJMGreen: Anybody know what the deal is with all the broken glass all along Morris Street? #Halifax

► @bethanybrown22: @JohnCena please come to Halifax. Anywhere, my house preferably, k thanks :) haha. #JohnCenaCrushForLife

Whirlpool of star trails



Camera snaps starry beauty

THOMPSON, UTAH. The slow motion of a wild, starry night was captured in a single frame by photographer Brad Goldpaint, who shot this image from a 305-metre shear drop in Arches National Park. Brad trekked 2,092 kilometres across the States, snapping landscapes to capture "inspirational elements within the natural world." ● **MWN**



"I want to illustrate the unknown and put it together with earthly landscapes."

BRAD GOLDPAIN,
PHOTOGRAPHER

Snap a 'star trail'

- **Use a sturdy tripod.** Any movement will put "squiggles" in your trails.
- **Use a wide-angle lens.** The 35mm equivalent of 20-50mm focal length is good.
- **Open the shutter.** Leave it open as long as possible. Longer exposures mean longer star trails.
- **Choice of camera.** "Nikon. I shoot in a raw-image format."

They call these lines 'star trails'

PHOTOGRAPHY. Hallucinatory, spell-binding — perhaps nauseating? These are star trails, a feature specific to astrophotography. They are lines of light made using time-lapse photography: stars recorded as the Earth rotates over time by a camera with an open shutter to produce these stunning circular lines. ● **MWN**

Battle of the box sets

◆ Do you have a music geek in your house? Check out some of these epic box sets
◆ These collections dig deep to satisfy the hunger of the most rabid fans

U2: Achtung Baby Super Deluxe Edition Box Set

Longevity in the music business can be traced to a pivotal moment in an artist's career, and for U2, that milestone was *Achtung Baby*. The 1991 album represented U2 2.0, the point where the band reinvented itself. Now fans

can experience the making of the classic recording with a box set that includes nearly as many discs as album releases. The album that spawned such classics as *One* and *Mysterious Ways* was recorded in Berlin during a tumultuous period for the band. After experiencing the mega-success of *The Joshua Tree* and the concert film *Rattle and Hum*, the band was at a

crossroads. So they broke away from their families to find their sound in a distant land. After a great deal of tension, they found what they were looking for with *One*, and the rest fell into place. Not only were they able to churn out the remainder of the album, but they also recorded the follow-up, *Zooropa*. The collection consists of six compact discs and four

DVDs, including the documentary, *From the Sky Down*, and a Zoo TV special. Other goodies include a hardcover book and 16 art prints. There's a scaled-down two-disc set that includes 14 additional tracks, and an uber-deluxe version that includes a set of collectible vinyl singles, a magnetic puzzle tiled box, and a pair of Bono's trademark Fly sunglasses.



Nirvana: Nevermind Super Deluxe Edition

Working through the hours of material on this 20th anniversary celebration of Nirvana's *Nevermind* is an unexpectedly melancholy experience. When *Nevermind* hit the street in 1991, destroying hair metal in just a few bars of *Smells Like Teen*

Spirit, it reshaped not just rock music but pop and punk and America. Listening to the various versions of *Nevermind* in this edition, one of two commemorative releases, reminds us that no one's really come close to carrying the standard in the years after Nirvana's fiery flare across the night sky. The super

deluxe version is both fascinatingly deep and needlessly so at the same time. There are four discs with 69 cuts that include a remastered version of the original album, various B-sides, live cuts and unreleased versions and even a few early boom box proto-recordings that provide a glimpse at the evolution of Nirvana's

biggest hits. There's also a book that includes photos and other artifacts from the period. The highlight of the super deluxe edition is the *Nirvana: Live at the Paramount* DVD of the band's Oct. 31, 1991, concert in Seattle. Things were just starting to blow up and the band is young and powerful.

The Smiths: The Smiths Complete

This is a swank box set, in both CD and vinyl, containing all four studio albums released in an astounding flurry between 1984 and 1987 and four more discs of live bits and odds and ends. Morrissey's sweetly crooned rancour and cut-

ting indignation remain a soothing balm years later, and Johnny Marr's diamond-lattice guitar work is still every bit as engaging as it was in the mid-1980s, despite all the copycats and pretenders over the years. These albums were grenades lobbed at the establishment at the time and should find fresh ears

in the 21st century. Morrissey and his mates were reacting to the growing elitism of the wealthy and the many inequalities of modern society. Many of the same themes have re-emerged 25 years later in the age of Occupy Wall Street. The Smiths have aged very well. The Queen is Dead and Vicar in a Tutu

remain vibrant and alive, the sneer still fresh on the lips. There is a *Light That Never Goes Out* and *I Want the One I Can't Have* remain just as heartbreakingly sad. And songs like *How Soon Is Now* and *London* still rock with an unexpected ferocity. The one disappointment is the light liner notes.



Pink Floyd: The Dark Side of the Moon Immersion

Regarded as one of the most important albums in pop thanks to its unprecedented life on the charts and timeless sound, it should come as no surprise the iconic album *The Dark Side of the Moon* gets the box set treatment.

The Immersion Collection, as it's called, consists of six discs centred on the album, and lots of collectibles, including a 40-page booklet, marbles, drink coasters, and a scarf. That's right, a scarf, complete with the album's trademark dispersive prism. While these items may be cool, the real value

of this collection lies in the album's original mix, which up until now has never been released. Unlike alternate takes that seem to pervade these types of collections, the early mix of this album stands on its own merit. Presented in its entirety, it provides a different perspective of the version of

the album burned into our minds over the past 37 years. *Dark Side* seemed to culminate the experimental soundscape of the band's seven previous albums with the right blend of mainstream appeal. So this cut serves as the step before their masterpiece was complete.

Billy Joel: The Complete Albums Collection

We live in a fragmentary culture. How odd, then, to be able to listen to the entire arc of a singer-songwriter's artistic life in one package — and see, as close as is possible in art,

the complete picture of who someone has been. So it goes with Billy Joel: *The Complete Albums Collection* — a 15-CD (15!) collection that takes the Joel oeuvre from the dawn of the 1970s into the 21st century. From *Piano Man* to *Just the Way You Are* to *Uptown Girl* to *We Didn't*

Start the Fire and beyond, it's quite a ride. In recent years, Joel-bashing has become a not-uncommon exercise. He's saccharine, people say. Hackneyed. Not too relevant. Syrupy. That's unfair. Joel is one of the premier pop songwriters of his generation, and even his more uneven ef-

forts are generally good listening. If you can — and it's a lot to ask, true — take the time to listen straight through to the more than 11 hours of music in these albums. Taken together, it's an epic portrait of an era and how it unfolded, in New York City and beyond.



Scene in brief



Justin Bieber is the king of the web in the U.S. but gets less love from his home country, according to year-end search results from Bing.com. According to Microsoft's search engine, Bieber was the top searched person in the United States in 2011 but barely cracked the Top 10 list in Canada at No. 9. The top searched celebrity in Canada was Kim Kardashian. THE ASSOCIATED PRESS



Scan this code for the top searches on Bing.ca in 2011.

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Bob Miley or Lyin' Miley?

► Cyrus retracts her self-incriminating statement about being a stoner

THE WORD

DOROTHY ROBINSON
SCENE@METRONOVS.CA



Hannah Bongtana, it's time to come clean.

After it surfaced over the weekend via

The Daily that Miley Cyrus was presented with a Bob Marley-shaped cake at her 19th birthday party at the Roosevelt Hotel in L.A. and quipped, "You know you're a stoner when friends make you a Bob Marley cake — you know you smoke way too much f---in' weed," she is now retracting it, saying the

video was all a "joke."

Her rep tells TMZ that Miley was joking about the cake and that the Bob Marley reference was because her friend Kelly Osbourne has been calling her Bob Miley since she saw a video of her ripping a huge bong hit last year. Cyrus then claimed that it was salvia, a harmless herb, and not marijuana in the bong.

Cyrus's rep says that Miley is not a pothead. Pfft. Right.

Because non-stoners are known for their love of all things Bob Marley.

My 74-year-old Republican mother has a giant Marley tapestry hanging in her living room because it matches her sofa.



► Miley Cyrus

ALL PHOTOS GETTY IMAGES

Celebrity tweets



Think this mom with the girls in pageants is fulfilling "her" dream, not her daughters.



@Oprah

@rickygervais

Is there anything more boring and pointless than tweeting about someone's typos or syntax on twitter? It's f---ing TWITTER for Christ sake.



@MissKelly0

Taking my papa grocery shopping!



@ConanOBrien

Scotch looks delicious, but then you take one sip and it tastes like a leather furniture store that's on fire.



Charlize the ugly duckling?

Speaking of people totally lying, Charlize

Theron, who is now on the circuit promoting her new film *Young Adult*, is trying to make us believe that she wasn't beautiful nor popular in high school (how many

"pffts" can I fit into one column?).

"I wore really nerdy glasses because I was blind as could be and the boys didn't like (me)," she tells *People* magazine.

Right.

Listen, Hollywood: Glasses don't hide the fact women are 5-foot-10, thin, and gorgeous.

That crap only worked in *The Princess Diaries* because Anne Hathaway had a major uni-brow.

● METRO



Charlize Theron



► Pippa Middleton

Pippa scores a book deal

Royal sister-in-law Pippa Middleton has secured a nearly \$600,000 advance to write a party planning book, according to the *Mail* on Sunday.

An auction for the socialite's project had reportedly been going on for weeks, with publisher

Michael Joseph, an imprint of Penguin, coming out on top.

"It will be about entertaining and how to throw the perfect party," a source says.

"It's not just about being the perfect hostess — it will also include recipes

and information about how to host different types of events."

The book, which Middleton is reportedly writing without the help of a ghostwriter, is due out in time for the 2012 holiday season.

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Get healthy, get a dog

► A new study shows that dog owners stay more active than their counterparts during the winter ► Lead author suggests they can have positive effects beyond just increased activity

CELIA MILNE
LIFE@METRONews.ca

Not rain, not ice, not snow, not sleet can keep your doggie off his feet.

People who own dogs benefit health-wise from their pet's need to go for walks all year long.

A recent study at the University of Calgary found that having a dog keeps owners active and walking, even in horrendous weather.

This is significant because a large percentage of Canadians — 64 per cent — are inactive during the winter. Who can blame them? In Calgary, in the dead of winter, sunset occurs less than eight hours after sunrise and the mean temperature ranges from -8.5 to 1.5 degrees C, say the authors.

There's nothing like a pair of big brown, begging eyes and some adorable furry eyebrows to get you to don your mitts, hat, boots and parka, and get outside.

"By acting as cues for physical activity, dogs may help their owners remain active across seasons," says Parabhdeep Lail, lead author of the study and a medical student at the University of Calgary.

He and colleagues studied the walking habits of 428 Calgarians in both



► A recent study once again proves what we all know — dog owners are better people.

summer and winter. In the group, there were 115 dog owners.

The dog owners were at least three times more likely than non-owners to be consistent about walking in their neighbourhoods for recreation, the study found.

"This can have a positive effect on others in the community," reported Lail.

Seeing neighbours out-

doors walking their dogs encourages non-owners to get out and walk and makes people feel safer in their communities.

Lail and his colleagues suggest that dog-friendly neighbourhoods — including housing that allows dogs and parks that support dogs — may assist in enhancing population health by promoting physical activity.

In winter

Physical activity can help prevent some chronic diseases.

► Get active Physical activity tends to wane in winter-time, says Parabhdeep Lail, a medical student at the University of Calgary. Owning a dog may be a good antidote to winter

inertia, he says. People generally know that participation in regular physical activity is important for the prevention of many chronic diseases, including type 2 diabetes, hypertension, cardiovascular disease, obesity, osteoporosis, some cancers, irritable bowel syndrome, dementia and depression.

3

life

A new study shows Cupcakes are as addictive as cocaine

Processed, sugary foods are as addictive as cocaine or nicotine, say scientists from Yale University. When binge eaters were shown images of food, the decision making part of their brain experienced a surge dopamine in the same way an addict would respond to seeing drugs.

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Canada's health-spending has 'mixed results' compared to other countries: CIHI



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The effect of loneliness

► A new study published in the American Academy of Sleep Medicine suggests that how lonely you are impacts how well you sleep ► We take one step further and find out other adverse effects loneliness can have on your life



**ROMINA
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METRO WORLD NEWS IN LONDON

John Cacioppo, an expert in the biological effects of loneliness, wants people to know that feeling lonely has nothing to do with being alone. You can suffer from loneliness yet be surrounded by people, if you feel as if you have no one you can trust or confide in.

"It's the subjective experience of loneliness that is harmful, not the actual number of social contacts a person has," he says.

When loneliness develops into a chronic condition, it becomes a risk to both mental and physical health.

You'll sleep like a baby, literally

Loneliness causes sleep to become fragmented.

"When you're sleeping, your guard is down. If you're lonely your brain will subconsciously know there's no one out there to protect you and this insecurity is what causes you to fret," explains Lianne Kurina, assistant professor of epidemiology at the University of Chicago.

Fatigue takes over as your body has less time to repair and recuperate.

You'll get comfort from cupcakes, not company

Lonely people seek sources of pleasure that aren't affiliated with others. Their body craves, and abuses, pleasurable substances such as fatty or sugary foods and alcohol. In a

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way, it's a form of self-medication, as these provide a superficial, short term high and make up for the lack of dopamine pres-

ent in their system.

"Lonely people cave in so easily because as their brain is already on the look out for so many

"Lonely people cave in so easily because as their brain is already on the look out for so many threats."

JOHN CACIOPPO

threats, it becomes less well tuned to controlling," explains Cacioppo.

You'll be more prone to catching the flu

We are genetically designed to adapt to loneliness. We become more vulnerable to viruses as our body focuses on fighting bacteria.

"Viruses are affiliated with human contact (sneezing, saliva) but if you're lonely your brains identifies physical contact

as non existent or hostile so drives all your energy into healing cuts or abrasions," says Cacioppo.

Stress will take over your body

Chronic loneliness activates the sympathetic nervous system. Responsible for coordinating the body's 'fight or flight' response to stress, the system is designed to prepare the body for looming threat.

This state of alert triggers a number of physiological changes. Vascular resistance goes up, tightening of the arteries, which raises blood pressure. Levels of cortisol, the stress hormone used as an emergency supply of energy to boost the immune system, increase."



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Best Health Minute

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► Cooking vegetables can increase antioxidants in some vegetables



BONNIE MUNDAY,
EDITOR-IN-CHIEF,
BEST HEALTH
MAGAZINE

In The Raw

If you've heard of the raw-food diet, you've probably also heard that raw fruits and vegetables are always better for you. But that's not true. Yes, heat destroys enzymes in foods that make them more easily digestible. But cooking also breaks down fibre, making these foods easier for your body to

process. (Imagine trying to chew, much less digest, a raw Brussels sprout.)

Scientists have discovered that cooking even boosts levels of important compounds in some fruits and vegetables.

For instance, ketchup — which contains concentrated tomatoes — has five to six times more lycopene, a cancer-fighting antioxidant, than raw tomatoes do.

Heat does rob fresh produce of some nutri-

ents, especially vitamins that dissolve in water. For example, cooking fruits and vegetables tends to reduce their levels of vitamin B6, vitamin C and folate.

But cooking actually increases the antioxidant levels of some vegetables, such as corn and carrots.

If you like raw produce, crunch away. But don't fear the vegetable steamer.

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Veggie makes tasty dessert

► Sweet Potato Brulée offers a luscious ending ► It's ideal for entertaining

Preparation:

1 Scrub sweet potato and trim ends; pierce with knife in several places. Microwave on High 6 to 8 mins until tender, turning over partway

through cooking. When cool enough to handle, remove skin and mash with fork until smooth.

2 In bowl, place 250 ml (1 cup) mashed sweet po-

tato and whisk in maple syrup until smooth. Whisk in milk, vanilla, ginger, nutmeg and salt until smooth. Whisk in eggs one at a time.

3 Divide among six 175-ml (3/4-cup) ramekins. Set ramekins in baking pan and place pan in oven. Pour in enough hot water to come halfway up sides of ramekins. Bake

Sweet potato brulée



► This recipe serves six.

THE CANADIAN PRESS H/O

in a 180 (350 F) oven 30 mins or until filling is almost set (centre jiggles, but will firm up). Remove ramekins to a wire rack to cool completely. Cover and chill for at least 4 hours.

4 Just before serving, blot tops of custards dry with paper towel. Sprinkle 5

ml (1 tsp) brown sugar over top of each. Place on baking tray and place under broiler, watching carefully until sugar is bubbly. Serve. **ADAPTED BY EMILY RICHARDS, PROFESSIONAL HOME ECONOMIST, AUTHOR AND A TV CHEF. (EMILYRICHARDSCOOKS.CA)/THE CANADIAN PRESS/FOODLAND ONTARIO**

Ingredients:

- 1 sweet potato
- 125 ml (1/2 cup) pure maple syrup
- 125 ml (1/2 cup) milk
- 5 ml (1 tsp) vanilla

- 2 ml (1/2 tsp) ground ginger
- 1 ml (1/4 tsp) ground nutmeg
- Pinch salt
- 3 eggs, lightly beaten
- 30 ml (2 tbsp) brown sugar

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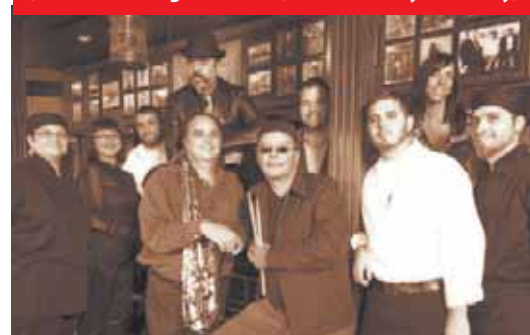
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Acadian & Middle Eastern fare meet

Although it is an unexpected combination, these two cuisines are both served up at 308 South by Tarek's

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► Fish Cakes (\$11.95)

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Never have I eaten at a more welcoming restaurant. The staff is charming and knowledgeable. Even the chef stops by our table — and others — to solicit suggestions.

308 South, named for a Yarmouth County road, features the unexpected combo of Acadian and Middle Eastern fare. The

co-owner's dad is Tarek, renowned for fresh flavours at his downtown and Robie Street cafés.

From the Acadian selections, the Fish Cakes (\$11.95), made with sweet and Yukon Gold potatoes, are loaded with flavour. Artfully presented with rice, asparagus, Caesar (Greek salad is the other option), chow, tzatziki, and little toasts, it's a filling lunch. My pal tries the pita-wrapped Philly Steak (\$9.95). The meat is tasty and tender but needs more flavour so he requests hot peppers and a bowl full

quickly arrives.

This is a lovely location but recent restaurants here closed their doors. I predict 308 is the winning combination.

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Now that the holiday season is fast approaching, I'm once again confused and, more importantly, stressed about office holiday gift giving. When to give, what to give and how much to spend. Stressed for the Holidays

Dear Stressed for the Holidays,

The holidays are a stressful time for many people, so let's first try and take a little bit of the stress away.

Lets deal with the easy

question: How much to spend?

First and foremost, you should only spend what you can afford. It is foolish to put yourself in debt just to buy someone a present. Anybody who would expect you to do that is not worth giving a present to, in my humble opinion.

Secondly, at the office, remember you technically never "give up" the ladder, so if your boss buys you something, you are not required to buy them something back. However, remember a good handwritten thank-you note will go a very long way!

And although I'm not one to push for office gifts, if everyone really wants to exchange presents, then a "Secret Santa," where you buy for one person, is just fine. But remember to stick to the agreed-upon

budget and more importantly remember to be tasteful in what you buy.

The entire office will see this and being the office clown is not always a good thing. In fact, what was funny at the time you bought it in the store can be a big disaster in a professional office setting a few days later.

Deep breath, it is all going to be OK. Just make your list, set your budget and stick to it.

Oh and one final important rule: Don't wait until the last minute; go do your shopping now and get it over with.

You will love having your feet up on a cold winter's evening when everyone else is shopping and grumpy.

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

'Tis the season for resourcefulness

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Being resourceful throughout the holidays saves you money and reduces waste. For example, going all out on wrapping paper and bows kills trees and costs a few dollars per present. Why not reuse gift bags you've accumulated throughout the year?

Or, if you've prepared baked goods, give them out in reusable (and returnable) Tupperware rather than in disposable plastic baggies.

Check your jacket pockets, purses, in between the couch cushions and in junk drawers for coins or bills.



Do you have partially used gift cards taking up space in your wallet? Have you cashed in all your Groupons? Use up any leftover pennies, dollars and coupons toward gift purchases.

Next, check for re-gift opportunities. Did you get duplicate copies of your favourite book for your birthday? Don't be embarrassed by re-gifting. If you can't use something, give it away. Otherwise it'll go to waste and collect dust.

What loyalty programs

do you belong to? Air Miles, Aeroplan, credit card rewards, grocery store points?

Depending on your loyalty program you could cash in your points for gifts such as electronics or travel.

If you're of the mindset that you should keep saving up your points for a massive trip in a few years from now, think again. The longer you wait to redeem points, the more likely it is the point system will change and adjust to the increasing cost of providing the rewards. Thus, your points become less 'rewarding' over time. Take advantage of them this holiday season and save money!

Saving money throughout the holidays isn't the same as being a cheapskate. Both your bank account and the environment benefit from your resourcefulness.

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► Forty-one invited to WJC camp but MacKinnon doesn't make the grade ► Eight QMJHLers among those vying for spots from Dec. 11 to 13 in Calgary ► Twenty-two will make team for tournament starting Dec. 26 in Edmonton and Calgary



► Halifax Mooseheads forward Nathan MacKinnon.

Taking on the world will have to wait



MATTHEW
WUEST
@METRONEWS.CA

Age was more than just a number for Hockey Canada.

Nathan MacKinnon, a 16-year-old Halifax Mooseheads rookie, was left off Canada's 41-player selection camp roster for the IIHF world junior championship yesterday. According to head scout Kevin Prendergast, age was the biggest factor in the decision.

"We felt that at this point, as good a hockey player as he is, to come in to this tournament, he probably just was a little bit behind where we wanted him to be," Prendergast said.

Although he only turned

Elite eight

Eight QMJHL players made the selection roster:

► **Forwards (4):** Jonathan Huberdeau, SJ; Zach Phillips,

SJ; Michael Bournival, Shawi; Phillip Danault, Vic.

► **Defencemen (3):** Nathan Beaulieu, SJ; Brandon Gormley, Mctn; Jerome Gauthier-Leduc, Rim.

► **Goaltender (1):** Louis Domingue, Que.

16 in September, it hasn't stopped MacKinnon from producing a team-leading 14 goals and 29 assists for 43 points in 27 games, tied for seventh in the QMJHL.

But the world junior, which begins Dec. 26 in Calgary and Edmonton, is known as a 19-year-old tournament. Prendergast, who is hoping to lead Canada to gold for the first time since 2009, said that because of MacKinnon's youth, his "overall hockey maturity" wasn't at a high

enough level to be among the 41 invitees.

"It's a very, very strong physical game," Prendergast said. "He's one of those kids who is going to get his opportunity to play for Canada and he's going to be a great player to watch. But at this point, with the age factor that goes into this tournament, we just felt it would be too, too difficult to come in and be contributing factor."

Prendergast also said selecting the roster involved

more than just picking the 41 most talented players in the country.

"In a tournament like this, you have to have a structured team," Prendergast said. "We could put out 20 superstars, but a lot of those guys aren't very good at certain elements of the game, be it on the power play or penalty kill or whatever. In order to win, you have to put a team together, and it's got to be the best 22 players who fit the chemistry of what (the coaching staff) is looking for."

Sidney Crosby (2004), Jason Spezza and Jay Bouwmeester (2000), Eric Lindros (1989) and Wayne Gretzky (1978) are the only Canadians to play at the world junior at the age of 16.

Twitter reaction



There was plenty of reaction on Twitter to Nathan MacKinnon not making the world junior selection camp. Here is a sample:

► @gdwyer32 "Nathan MacKinnon would not of been a fish out of water at the World Junior selection camp... He is a true offensive threat for Halifax."

► @scarr15 "I have to say I think @HockeyCanada missed the boat by not inviting Nathan MacKinnon to the #WJHC selection camp."

► @station_nation "Have the riots started in Halifax yet?"

► #MacKinnonWasRobbed" @JakeMcKendry "how did nathan mackinnon not make selection camp for world juniors? are the scouts blind??"

► @coreypronman "MacKinnon has shown he can dominate a U-20 league at 16. The WJC is much higher quality, but he deserves a look amongst the top U-20's."

► @CoryRichard1 "HC missed out on Seguin 2 yrs ago and RNH last yr. MacKinnon will rip up the U17 and prove he should have at least gotten an invite. #moose"

4

sports

More sports



SIDNEY CROSBY'S RETURN TO ACTION MADE A BIG IMPACT ON THE NHL.

THE PITTSBURGH PENGUINS CAPTAIN WAS NAMED THE LEAGUE'S FIRST STAR OF THE WEEK YESTERDAY AFTER PUTTING UP NINE POINTS (2 GOALS, 7 ASSISTS) IN HIS FIRST FOUR GAMES SINCE JANUARY.

THE PENGUINS STAR FINISHED THE WEEK A PLUS-7 AND HELPED HIS TEAM MOVE ATOP THE EASTERN CONFERENCE STANDINGS BY GOING 3-0-1.

VANCOUVER CANUCKS GOALIE CORY SCHNEIDER (3-0, 0.67 GOALS AGAINST AVERAGE, .978 SAVE PERCENTAGE, 2 SHUT OUTS) WAS NAMED SECOND STAR AND ST. LOUIS BLUES STOPPER BRIAN ELLIOTT (3-0, 0.98 GAA, .963 SP, 1 SO) WAS GIVEN THE THIRD STAR. THE CANADIAN PRESS

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Ex-Halifax coach lands job in NBL

Mike Evans has taken over the winless Moncton Miracles.

The Miracles, who are last in the National Basketball League of Canada standings with a 0-7 record, hired Evans as head coach on Sunday after the sudden resignation of Norris Bell on Friday.

Evans is a former NBA head coach and assistant coach who served as head coach of the Halifax Rainmen in the Premier Basketball League last season. He went 4-6 in the regular season and 1-2 in the playoffs. **● METRO**

Time runs out on pair of coaches

► Caps fire Boudreau, while Canes axe Maurice on Black Monday for NHL bench bosses

PABLO MARTINEZ MONSIVAIS/THE ASSOCIATED PRESS



► Washington captain Alex Ovechkin talks with the Capitals' new head coach Dale Hunter yesterday at practice in Arlington, Va.

Trouble was in the air at least a couple weeks before the axe came down on Bruce Boudreau and Paul Maurice.

With the Washington Capitals and Carolina Hurricanes losing more than they were winning, both men knew they were on thin ice before getting fired hours apart yesterday.

Boudreau and Maurice shared similar headaches.

The captains of both teams are struggling mightily. As of yesterday, Eric Staal of the Hurricanes was a league-worst minus-17 and on pace for his lowest point total since his rookie year. Washington's Alex Ovechkin, once the NHL's undisputed goal-scoring king, was tied for

38th in that category.

The most telling sign of trouble was when both men started making bold moves. Boudreau feuded with Ovechkin this season and scratched veterans Joel

Ward and Alex Semin, but Washington still lost six of eight. Maurice benched defenceman Tomas Kaberle on Sunday for a game Carolina lost 4-3 in Ottawa.

Boudreau had been un-

der fire for a calendar year, dating back to a long slide last December and punctuated with a sweep by Tampa Bay in the second round of the playoffs. Washington named former Capital

Dale Hunter as his replacement.

"I think Bruce came in here and emptied the tank," Capitals GM George McPhee said in Arlington, Va. "When that happens, you get a new coach where the tank is full and see if it makes a difference."

Maurice was in his second stint with the Hurricanes and was expected to help a team with modest talent overachieve. With the playoffs slipping from view, Carolina GM Jim Rutherford decided to see if Kirk Muller can get more out of the players than Maurice.

"We feel confident that he is the right man to lead our team now and in the future," said Rutherford.

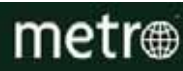
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Personals

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General Services

ANNOUNCEMENTS

Community Events

Holiday Shopping Event
Springvale Elementary School
Thurs, Dec 1, 3-8pm
92 Downs Avenue, Halifax NS
Gifts for everyone on your list.
Stocking Stuffers,
Door Prizes and Raffles

Community Events

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Montebello Medical
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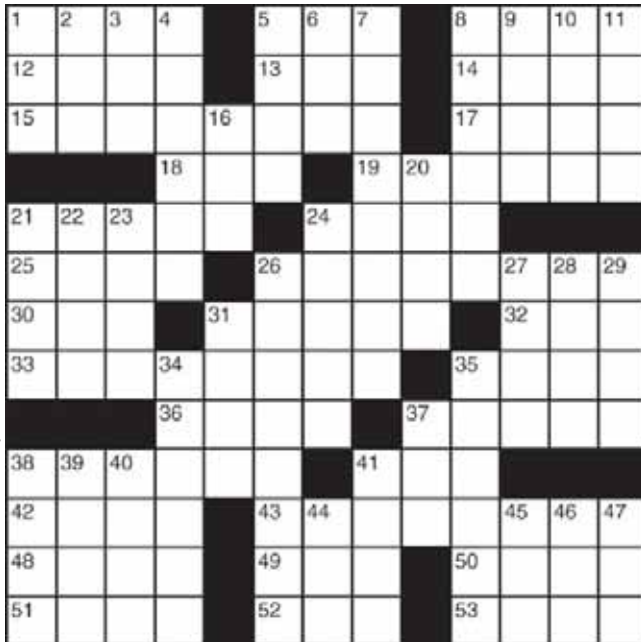
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Crossword

Across

- 1 "Zounds!"
5 Off-bracketed word
8 Scruff of the neck
12 Actress Spelling
13 Fed. med. agency
14 Hebrew month
15 Mixed drink
17 "The other white meat"
18 Party staple
19 Brownish-yellow shades
21 Characteristic
24 Spruce or sycamore
25 Batting champ
Aaron
26 Aviation timesaver, maybe
30 "I'll take that as —"
31 Principal force
32 Fish eggs
33 Trachea
35 Baseball team
36 Libertine
37 Man of morals?
38 Honor
41 Have bills
42 Old Italian money
43 "Hush!"
48 Slender
49 Weeding tool
50 Maui feast
51 "Desire Under the —"
52 Helios
53 Formerly, formerly
- Down**
1 And so on (Abbr.)
2 Sticky stuff
3 Curved line
4 African antelope
5 Break suddenly
6 Mid-afternoon, on a sundial
7 Bleach ingredient
8 Family member
9 Lotion additive
10 Kitten's call
11 31-Down members
16 — for tat
20 Highlander
21 Dissolve
22 Hindu royal
23 In due time
24 Hosiery hue
26 Victories
27 Eye part
28 "—, Nanette"
29 Profound
31 Fraternal grp.
34 Reveries
35 Thread partner
37 Overwhelm
38 Otherwise
39 Window ledge
40 Decorate
41 Admitting customers
44 Debtor's letters
45 "— Town"
46 Existed
47 Eccentric



► Yesterday's answer



Today's horoscope

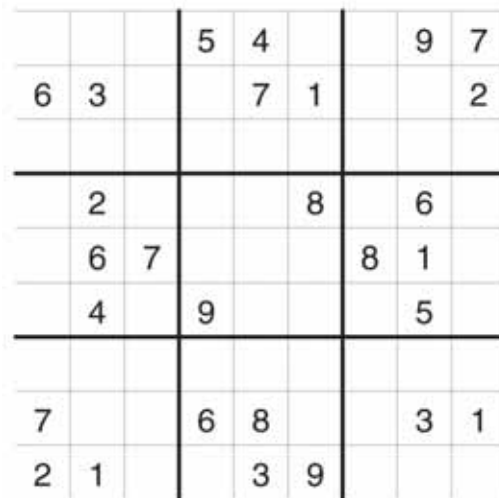
♈ Aries March 21-April 20 If you are the kind of Aries who likes to travel you could find yourself a long way from home today — and enjoying yourself immensely.
♉ Taurus April 21-May 21 Either you love what you are doing, or you do something else.
♊ Gemini May 22-June 21 You will be under a lot of pressure today and because the pressure comes from partners and colleagues you could fall out with someone.
♋ Cancer June 22-July 22 You'll be busy and you may find it hard to

catch your breath over the next 24 hours.
♌ Leo July 23-Aug. 23 You are in the mood to take action.
♍ Virgo Aug. 24-Sept. 22 You'll have to tread carefully when dealing with loved ones.
♎ Libra Sept. 23-Oct. 23 No matter how irritating others may be you must not let them get under your skin.
♏ Scorpio Oct. 24-Nov. 22 What happens today may be important but it's how you choose to react to it that matters more.
♐ Sagittarius Nov. 23-Dec. 21 You seem to be remarkably as-

For today's crossword answers and for expanded horoscopes, go to metronews.ca

sertive at the moment, which is good, but try not to give others the impression that the only thing you care about is your own greater glory, even if it happens to be true!
♑ Capricorn Dec. 22-Jan. 20 Are you afraid to say something because it might upset powerful people? Speak up.
♒ Aquarius Jan. 21-Feb. 18 Life is many things, but most of all it is there to be enjoyed.
♓ Pisces Feb. 19-March 20. You seem to have energy to spare at the moment and if you are smart you will channel it into your work or career. **SALLY BROMPTON**

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

1	3	9	5	8	7	4	2	6
6	4	7	3	2	1	8	9	5
2	5	8	6	9	4	1	3	7
7	2	4	9	1	6	5	8	3
5	9	1	8	7	3	6	4	2
3	8	6	2	4	5	7	1	9
9	6	5	4	3	8	2	7	1
8	1	3	7	5	2	9	6	4
4	7	2	1	6	9	3	5	8

Send a KISS

You can now post your kiss, and read even more kisses, at metronews.ca/kiss.

Davidson

Dear Davidson <3, We've been together for so long. And I'm sure your heart's been aching. Don't worry, because I'm never gonna give you up. or let you down. I won't even run around. Because I'll never forget you. Love,

FROM RASTLEY

My Special Prince Charming Fear not my sweet darling, I am waiting impatiently for you to contact me anytime and leave me a message. I really want to hear your voice and be forever with you. You are my special and true love! We have to be strong and have faith and hope if we really have the same feelings for each other! Love you very, very much! No matter what happens, you are and will be in my heart for ever and ever... With all my love and kisses...

FROM C. L. YOURS FOREVER

Today
10°/7°
Partly cloudy

Wednesday
13°/4°
Rain
80%

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Caption contest



"It figures I'd KNEED you for support!"
ADAM



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Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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